



Do Not Miss Out on CSC programs!
 In an effort to save trees and resources, we now send this calendar via email. If you are not in our email list yet, please send an email to Miriam@CancerSupportCommunityMiami.org, so you can continue to receive our calendar. If you cannot access Internet, call us 305-668-5900 to let us know. We can send it to you via fax or mail. Thank you for your help!

**free
cancer
support**

Español

www.CancerSupportCommunityMiami.org
 8609 South Dixie Highway
 Miami, FL 33143
 305-668-5900



How do I get started?

The first step to becoming a participant in our programs is to attend an **Introductory Meeting** and you will get a thorough overview of our programs and guidelines for participation. You will meet also one of our facilitators and discuss your present concerns so that you can decide how to best take advantage of our free professional cancer support services. It is easy and you and your loved ones will be able to participate in almost all programs immediately.

Mondays, 6 pm, and Wednesdays 10 am

Weekly Support Groups

Participant Group (cancer patient or survivor) - Our groups can help you maintain hope, regain a sense of control, and let you know that you are not alone in this time of need. They offer an opportunity to gain and share support, learn problem solving skills, and develop important ways to enhance quality of life. These groups are led by licensed mental health professionals are at the heart of our program. **An initial interview is required.** Please visit our web site for support groups in English and Spanish www.CancerSupportCommunityMiami.org

Tuesdays, 11 am - 1 pm and 7 - 9 pm

Bereavement Group - Learn how to best navigate your own grief process with the supportive comfort of others who are also experiencing the loss of a loved one to cancer.
 Facilitator: Mae Greenberg, LMHC.

Thursdays, 7 - 9 pm

Caregivers/Friends and Family Group - Meet with others to learn how to help a loved one with cancer and to manage the stress of care-giving.
 Facilitator: Mae Greenberg, LMHC.

Tuesdays, February 7 and 21, and March 6 and 20, 7 - 9 pm

Monthly Disease Specific Support Groups - RSVP required

These groups meet to discuss issues and information **specific to certain types of cancer.**

- Brain Tumors** Mon. 2/27/12 & 3/26/12, 6 - 8 pm
- Breast Cancer** Wed. 2/8/12 & 3/14/12, 6 - 8 pm
- Head and Neck** Wed. 2/15/12 & 3/21/12, 6 - 7:30 pm
- Leukemia/Lymphoma** Mon. 2/13/12 & 3/12/12, 6 - 8 pm
- Lung Cancer** Wed. 2/1/12 & 3/7/12, 6 - 7:30 pm
- Multiple Myeloma** Wed. 2/22/12 & 3/28/12, 6 - 8 pm

Educational Programs - RSVP required

Look Good...Feel Better - Is a free nationwide program helping women with appearance-related side effects while undergoing cancer treatment. The workshop includes instruction in skin care and makeup application, tips on wigs, head coverings, and nail care. This program is a collaboration of the American Cancer Society, CTFA, and NCA. Bilingual as needed. Limited to 8 people.

Thursday, February 16 and March 15, 10 am - 12 noon

Healthy and Delicious Cooking Class - Learn some simple and easy ways to put together healthy and nutritious ingredients to make delicious meals that are good for the body and the soul. Limited to 15 people and previous reservation required. Be ready to take notes and enjoy Karen Zokovitch's class!

Friday, March 9, 11 am - 1 pm

Mind Body Programs

These classes will help you increase strength, while releasing stored-up tension in your mind and body.

Powerful Mind - Learn how to enhance your ability to impact your emotional and physical well-being through mind-body practices that may reduce depression and anxiety as well as some physical discomforts. Please be on time. Due to the nature of the activity latecomers will not be allowed to come in to the group room.

Facilitator: Eric Torres, Psy.D.

Tuesdays, 6 - 7 pm

Advanced Exercise with Nancy Fishman

Thursdays, 10 - 11 am

Gentle Exercise with Cathee Connor

Mondays, 12 - 1 pm

Muscle Relaxation with Felipe Azambuja

Wednesdays, 12 - 1 pm

Thursdays, 7 - 8 pm

Tai-Chi with Elisa Smith

Thursdays, 2 - 3 pm

Yoga with Lise Efronson

Mondays, 6:30 - 7:30 pm and Wednesdays, 10 - 11 am



Please bring your own mat and blanket.

Please consult with your doctor before beginning any exercise program.

The mission of the Cancer Support Community is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

what's HAPPENING this month...

Healing Through Words: A Mindful Poetry Class

Wednesdays, February 1 - March 7, 12:30 - 2 pm



Come to this therapeutic program to find your inner-poet and awareness, connect with your experience, and unwind & release emotions. Poetry does not have to rhyme or have a beat... It is simply a way to express yourself, connect with your world, and explore your own unique mind. Great poets of the past will be discussed as a basis for each session and props will be incorporated to help fuel creativity. Light snacks will be provided. Facilitator: **Lindsay Bira**, Masters in Clinical Psychology at University of Miami, Ph.D. Candidate.

RSVP: 305-668-5900

Joy in the Present Moment: A Mind Body Stress Reduction Program with Eric Torres, Psy.D.

Thursdays, February 2 - March 15, 10 am - 12 noon

This is a program designed to help you train your mind to be more present and aware in order to maximize physical and mental health. It will include several different practices and it is recommended for anyone who is serious about learning and/or deepening their meditation practices. **The program will have 8 sessions, two hours every Thursday**, culminating with a whole day of mindfulness and meditation on **Sunday, March 18th from 9 am to 5 pm**. Additionally, participants will receive a schedule of meditation practices they can do on their own daily.

RSVP: 305-668-5900

Meditation Techniques

Tuesdays, 1 - 2 pm

Join Dr. **Peggy Rios** and learn a variety of meditation and breathing techniques which may improve awareness and increase feelings of vitality and health. Establish your Intention and Commitment for 2012. Our gatherings will include meditation, contemplative practices and self-reflection.

RSVP: 305-668-5900

Radiotherapy Advances in the Treatment of Cancer

Thursday, February 16, 7 - 9 pm

Technological advances have transformed cancer treatment. **Beatriz Amendola, M.D., F.A.R.C.**, from Innovative Cancer Institute will give an overview of today's most advanced radiation therapies for cancer, including IMRT, IGRT, 3D conformal, brachytherapy and Varian RapidArc™. Find out how these innovative techniques can improve treatment outcomes and quality of life for cancer patients.

Sponsored by  **Baptist Health
Cancer Services** **RSVP: 305-668-5900**
BAPTIST HEALTH SOUTH FLORIDA

what's HAPPENING this month...

Healing Through Art: Art with a mini touch

Wednesday, March 21, 10 am - 3 pm

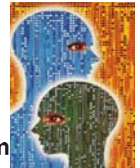


Oil painting with local working artist **Wanda Hammon**. In this class you will make two mini canvasses with easels that you will be able to take home at the end of the class. Relax, have fun and let your inner artist emerge! Please bring an apron and paper towels. We provide the rest. Space is limited. There will be a break for lunch; please bring your own.

RSVP: 305-668-5900

Healing Through Art: Mindfulness and Art Therapy

Thursday, March 22 - April 26, 3 - 4:30 pm



Join us for a 6-week mindful art therapy program. Cancer is an emotional process. People with cancer often feel many difficult emotions such as fear, anger, despair, or loneliness. We know that exploring and letting go of these difficult emotions can free up more energy and more joy in your life. Art programs can help. In these six weeks, you will experience the many ways that art therapy can be fun and healing and see first-hand how your own creativity can heal and soothe you. **RSVP is absolutely required**. Persons registered for program will receive a weekly ART PLAN including supplies needed. Sign up today! You will have fun... and don't we all need a little fun? Facilitator: **Dayna Giel**, from University of Miami, Masters Mental Health Counseling.

RSVP: 305-668-5900

Ask the Experts about Clinical Research

Thursday, March 29, 6:30 - 8:30 pm

It is a myth that cancer research only applies to end-stage disease. Learn the facts and make the best treatment decisions for you and your loved ones. **Paul R. Kaywin, M.D.**, Medical Director for Clinical Cancer Research at *Advanced Medical Specialties* and **Elizabeth Groh, BSN, RN**, Director of Clinical Research at *Advanced Medical Specialties*, both respected experts in the field, will detail the most important facts, help you understand the role of research in cancer care and answer your questions. Patients and loved ones are welcome! Sponsored by  **Baptist Health
Cancer Services** **RSVP: 305-668-5900**
BAPTIST HEALTH SOUTH FLORIDA



Like Us on Cancer Support Community
Greater Miami Facebook Page today!



¡No se pierda los programas de CSC!

En un esfuerzo por salvar árboles y recursos, ahora mandamos el calendario por email. Si desea recibirlo y no está en nuestra lista aún, por favor envíe su email a Miriam@CancerSupportCommunityMiami.org. Si no tiene acceso al Internet, llame a nuestra oficina. Podemos enviarle una copia por fax o por correo. Muchas gracias!



Apoyo gratis contra el cáncer

Cuando el padre o la madre tiene cáncer- Talleres educativos para ayudar a los padres que tienen cáncer y a sus hijos a enfrentar la realidad del cáncer. Los niños podrán participar en charlas y actividades apropiadas para sus edades.

Sábado, febrero 11 y marzo 10, 10:30 am

Programa de rehabilitación para mujeres con cáncer de seno - Se ofrece en el hospital Jackson, UM Mailman Center for Child Development, sala 4004-A. Patrocinado por Susan G. Komen for the Cure.

1er jueves 11:30 am - 12:30 pm - Ejercicios Lebed con Cathy Connor.

2do jueves 9:30 - 11:30 am - Grupo de apoyo y relajación con Janny Rodriguez.

3er jueves 10 am - 12:30 pm - Presentación de temas como la sexualidad, la nutrición, la reconstrucción de seno, entre otros.

Para más información o reservaciones, llamar a Janny Rodriguez 786- 457-1842 o Betty Villa 786-277-6882.

Programas especiales

Se ofrece interpretación en Español con reservación previa al 305-668-5900

Avances de radioterapia en el tratamiento de cáncer - Los avances en la tecnología médica han transformado el tratamiento del cáncer. La doctora **Beatriz Amendola** de *Innovative Cancer Institute*, dará una descripción de los tipos de radioterapias más avanzadas incluyendo Radioterapia de intensidad modulada, Radioterapia guiada por imágenes tridimensionales, y RapidArc™ de Varian. Asista a este programa educativo y entérese de cómo estas técnicas innovadoras pueden mejorar los resultados del tratamiento y la calidad de vida para los pacientes de cáncer.

Jueves, febrero 16, 7-9 pm

Cancer Support Community (CSC) es una organización internacional sin ánimo de lucro la cual ofrece programas de apoyo, educación y esperanza gratuitamente a personas con cáncer y sus seres queridos. A través de la participación en grupos de apoyo, talleres educativos, clases de nutrición y ejercicios de conexión entre la mente y el cuerpo a cargo de profesionales, las personas que padecen de cáncer adquieren destrezas vitales que les permiten recobrar el control, reducir el aislamiento y recuperar la esperanza.

¿Cuánto cuesta participar?

Nada. Cancer Support Community es una organización sin ánimo de lucro que no cobra por sus servicios. Esto se logra a través de contribuciones generosas del público.

¿Cómo funciona Cancer Support Community con los tratamientos médicos?

Mientras la medicina maneja el aspecto físico del cáncer, CSC ofrece técnicas para enfrentar el impacto psicosocial y emocional del cáncer. Los programas de CSC no son una alternativa para el tratamiento médico sino un apoyo adicional antes, durante y después del tratamiento.

Programas semanales

Integración de mente y cuerpo - Celebre la vida - El Dr. Oscar Hernández conduce este programa en el que puede aprender a descubrir la mejor forma de disfrutar la vida. Programa dirigido a los sobrevivientes de cáncer, familiares y amigos.

Martes, 10:30 am - 12:30 pm

El objetivo de Cancer Support Community es ayudar a personas afectadas por el cáncer a mejorar su salud y bienestar al participar en programas educativos, de apoyo emocional y de esperanza. Todos los servicios son gratuitos para los participantes y sus acompañantes.

Reuniones de Orientación - Si desea participar en nuestros programas, es un requisito asistir a una de estas reuniones para enterarse más a fondo de cómo beneficiarse de ellos.

Miércoles, 10 am

Meditación - Tai Chi - Monje Noble Silencio.

Lunes, 10:30 - 11:30 am

Grupo de apoyo - Programa de apoyo emocional para pacientes en donde se exploran temas relacionados con el proceso de la lucha contra el cáncer. Necesita cita previa.

Jueves, febrero 9 y 23, 10 am - 12 pm

Jueves, marzo 8 y 22, 10 am - 12 pm

Programas mensuales

Cocina sana y deliciosa para pacientes de cáncer - Aprenda un menú saludable, denso en nutrición, y a la vez flexible para sobrevivientes de cáncer y sus seres queridos.

Martes, febrero 21 y marzo 20, 7-9 pm

Luzca bien... Siéntase mejor - En conjunto con el American Cancer Society, CTFA y NCA les ofrecemos este programa designado para las mujeres que están recibiendo tratamiento para el cáncer. Cada participante recibirá un estuche de maquillaje donado por la industria de cosméticos. Haga su reservación hoy. El programa es conducido por una cosmetóloga. Limitado a 8 personas.

Jueves, febrero 16 y marzo 15, 10 am

FEBRUARY

2012

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



**Happy
Valentine's Everyone!**

1
Introductory Meeting - Bilingual
10 am

Yoga
10-11 am

Muscle Relaxation
Noon

★ Healing Through Words
Lindsay Bira
12:30-2 pm (RSVP)

Networking - Lung
6-8 pm (RSVP)

2
Advanced Exercise
10-11 am

Joy in the Present Moment
★ Eric Torres, Psy.D.,
10 am-12 noon (RSVP)

Tai Chi
2-3 pm

Muscle Relaxation
7-8 pm

★ **Look for
Special
Programs**

4

6
Meditación-Tai Chi en Español
10:30-11:30 am

Gentle Exercise
12-1 pm

Introductory Meeting
6 pm

Yoga
6:30-7:30 pm

7
Integración mente-cuerpo
10:30 am-12:30 pm

Meditation Techniques
Dr. Peggy Rios
1-2 pm (RSVP)

Powerful Mind
6-7 pm

Networking - Caregiver
7-9 pm (RSVP)

8
Introductory Meeting - Bilingual
10 am

Yoga
10-11 am

Muscle Relaxation
Noon

Networking - Breast
6-8 pm (RSVP)

9
Advanced Exercise
10-11 am

Tai Chi
2-3 pm

Muscle Relaxation
7-8 pm

10

**See front page
for offsite programs**

11
Family Circle
10:30 am-1pm (RSVP)

13
Meditación-Tai Chi en Español
10:30-11:30 am

Gentle Exercise
12-1 pm

Introductory Meeting
6 pm

Netwk - Leukemia/Lymphoma
6-8 pm (RSVP)

Yoga
6:30-7:30 pm

14
Integración mente-cuerpo
10:30 am-12:30 pm

Meditation Techniques
Dr. Peggy Rios
1-2 pm (RSVP)

Powerful Mind
6-7 pm

Valentine's Day

15
Introductory Meeting - Bilingual
10 am

Yoga 10-11 am

Muscle Relaxation
Noon

Networking - Head & Neck
6-7:30 pm (RSVP)

★ Insulin Resistance
Amy J. Sear, AP, Dipl. OM
(at JCC) 7-9 pm (RSVP)

16
Advanced Exercise
10-11 am

Look Good Feel Better
10-12 Noon (RSVP)

Tai Chi
2-3 pm

Muscle Relaxation
7-8 pm

★ Radiotherapy Advances
Beatriz Amendola, M.D.
7-9 pm (RSVP)

17 **18**

It is important that you please
cancel your reservations if unable
to attend at 305-668-5900

Closed 20

Presidents' Day

21
Integración mente-cuerpo
10:30 am-12:30 pm

Meditation Techniques
Dr. Peggy Rios
1-2 pm (RSVP)

Powerful Mind 6-7 pm

Cocina sana y deliciosa
7-9 pm (RSVP)

Networking - Caregiver
7-9 pm (RSVP)

22
Introductory Meeting - Bilingual
10 am

Yoga
10-11 am

Muscle Relaxation
Noon

Netwk - Multiple Myeloma
6-8 pm (RSVP)

23
Advanced Exercise
10-11 am

Tai Chi
2-3 pm

Muscle Relaxation
7-8 pm

24

25

Quote of the Month

"The happiness of your
life depends upon the
quality of your thoughts;
therefore guard
accordingly".

Marcus Aurelius

27
Meditación-Tai Chi en Español
10:30-11:30 am

Gentle Exercise
12-1 pm

Introductory Meeting
6 pm

Yoga
6:30-7:30 pm

Networking - Brain Tumors
6-8 pm (RSVP)

28
Integración mente-cuerpo
10:30 am-12:30 pm

Meditation Techniques
Dr. Peggy Rios
1-2 pm (RSVP)

Powerful Mind
6-7 pm

29
Introductory Meeting - Bilingual
10 am

Yoga
10-11 am

Muscle Relaxation
Noon

Family Circle:

**Helping Children and Families Cope when a Parent has Cancer
Saturday, February 11 and March 10, 10:30 - 1 pm**

Children whose parents or grandparents have a cancer diagnosis meet with other kids to learn developmentally appropriate information about cancer. With the assistance of therapists, they work on Art Therapy projects that help them cope with the changes that cancer can bring to their everyday routines. But most importantly, children learn that they are not alone and that other kids are also dealing with cancer in their families. The program is facilitated by licensed mental health professionals. Sponsored by



RSVP: 305-668-5900

MARCH

2012

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Facing a cancer treatment decision?

We can help!

ASK ABOUT OPEN TO OPTIONS



Open to Options™, is a one hour session with a facilitator who

helps you identify important questions about your treatment options based upon your personal needs. Available at **no cost**, this service will help you to:

- Communicate clearly with your medical team
- Ask critical questions about options
- Make treatment decisions that best fit your personal desires and goals

ALSO AVAILABLE BY PHONE. To schedule a session with an **Open to Options™**

Specialist, please contact **Dr. Peggy Rios at 305-668-5900.**

Advanced Exercise **1**
10-11 am

Tai Chi
2-3 pm

Muscle Relaxation
7-8 pm

2



**Look for
Special
Programs**

3

Meditación-Tai Chi **5**
en Español
10:30-11:30 am

Gentle Exercise
12-1 pm

Introductory Meeting
6 pm

Yoga
6:30-7:30 pm

Integración **6**
mente-cuerpo
10:30 am-12:30 pm

Meditation Techniques
Dr. Peggy Rios
1-2 pm (RSVP)

Powerful Mind
6-7 pm

Networking - Caregiver
7-9 pm (RSVP)

Introductory **7**
Meeting - Bilingual
10 am

Yoga
10-11 am

Muscle Relaxation
Noon

Networking - Lung
6-7:30 pm (RSVP)

Advanced Exercise **8**
10-11 am

Tai Chi
2-3 pm

Muscle Relaxation
7-8 pm

Healthy
and Delicious
Cooking Class **9**
11 am-1 pm (RSVP)

Family Circle **10**
10:30 am-1pm (RSVP)

Meditación-Tai Chi **12**
en Español
10:30-11:30 am

Gentle Exercise
12-1 pm

Introductory Meeting
6 pm

Yoga
6:30-7:30 pm

Netwk - Leukemia/Lymphoma
6-8 pm (RSVP)

Integración **13**
mente-cuerpo
10:30 am-12:30 pm

Meditation Techniques
Dr. Peggy Rios
1-2 pm (RSVP)

Powerful Mind 6-7 pm

Introductory **14**
Meeting - Bilingual
10 am

Yoga
10-11 am

Muscle Relaxation
Noon

Networking - Breast
6-8 pm (RSVP)

Advanced Exercise **15**
10-11 am

Look Good Feel Better
10-12 Noon (RSVP)

Tai Chi
2-3 pm

Muscle Relaxation
7-8 pm

16

17

**March is
Colorectal and
Kidney Cancer
Awareness Month**

Meditación-Tai Chi **19**
en Español
10:30-11:30 am

Gentle Exercise
12-1 pm

Introductory Meeting
6 pm

Yoga
6:30-7:30 pm

Integración **20**
mente-cuerpo
10:30 am-12:30 pm

Meditation Techniques
Dr. Peggy Rios
1-2 pm (RSVP)

Powerful Mind 6-7 pm

Cocina sana y deliciosa
7-9 pm (RSVP)

Networking - Caregiver
7-9 pm (RSVP)

Introductory **21**
Meeting - Bilingual
10 am

Yoga 10-11 am

★ Healing Through Art
Wanda Hammon
10 am-3 pm (RSVP)

Muscle Relaxation Noon

Networking - Head & Neck
6-7:30 pm (RSVP)

★ Latest Advances - Colorectal
Antonio F. Muiña, MD
(at JCC) 7-9 pm (RSVP)

Advanced Exercise **22**
10-11 am

Tai Chi
2-3 pm

★ Healing Through Art:
Mindfulness and Art Therapy
Dayna Giel
3-4:30 pm (RSVP)

Muscle Relaxation
7-8 pm

23

24

*The highest compliment you
can give us is to let other
cancer survivors know about us*

Meditación-Tai Chi **26**
en Español
10:30-11:30 am

Gentle Exercise
12-1 pm

Introductory Meeting
6 pm

Yoga
6:30-7:30 pm

Networking - Brain Tumors
6-8 pm (RSVP)

Integración **27**
mente-cuerpo
10:30 am-12:30 pm

Meditation Techniques
Dr. Peggy Rios
1-2 pm (RSVP)

Powerful Mind
6-7 pm

Introductory **28**
Meeting - Bilingual
10 am

Yoga
10-11 am

Muscle Relaxation
Noon

Netwk - Multiple Myeloma
6-8 pm (RSVP)

Advanced Exercise **29**
10-11 am

Tai Chi
2-3 pm

★ Ask the Experts
about Clinical Trials
Paul R. Kaywin, MD, and
Elizabeth Groh, BSN, RN
6:30-8:30 pm (RSVP)

Muscle Relaxation
7-8 pm

30

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FREE CANCER SUPPORT

February - March 2012



8609 South Dixie Highway
Miami, FL 33143
305-668-5900

www.CancerSupportCommunityMiami.org

NO ONE NEEDS TO FACE CANCER ALONE
Cancer Support Community Greater Miami helps people with cancer - and the people who support them - enhance their health and well-being through a professional program of emotional support, education and hope, all free of charge.

Ofrecemos programas en Español



Mark your calendar



Program Calendar



Special Thanks to our Sponsors:



OFFSITE PROGRAMS



The Dave and Mary Alper JCC
11155 SW 112 Avenue, Miami, FL 33176
Futernick Family Art Gallery

The Nacron Family

Cancer Survivor Networking Group
presents these two upcoming programs:

Insulin Resistance:

What is it? What causes it? and why it is so important to cancer survivors

Wednesday, February 15th, 7 - 9 pm

Guest Speaker: Amy J. Sear, A.P., Dipl. O.M.

People with insulin resistance or hyperinsulinemia (also called syndrome X) have high levels of insulin in their blood because the cells in their body are resisting insulin and so the body produces lots of it to counteract the resistance. Amy Sear, Diplomate in Oriental Medicine will discuss this complex syndrome and its significance in overall health and cancer survivorship. Bring a fellow cancer survivor!



Ask the Doctor About Colorectal Cancer

Wednesday, March 21st, 7 - 9 pm

Guest Speaker: Antonio Muñia, M.D.

This free educational program provides support, education and hope to people affected by colorectal cancer and their loved ones. In the workshop, you will learn about the most current colorectal treatments, symptom/ side-effect management strategies, the social and emotional challenges of the diagnosis and survivorship issues specific to people with colorectal cancer. All attendees will receive a free copy of the informational booklet "Frankly Speaking About Colorectal Cancer". Bring a fellow survivor!

Please register at 305-668-5900

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